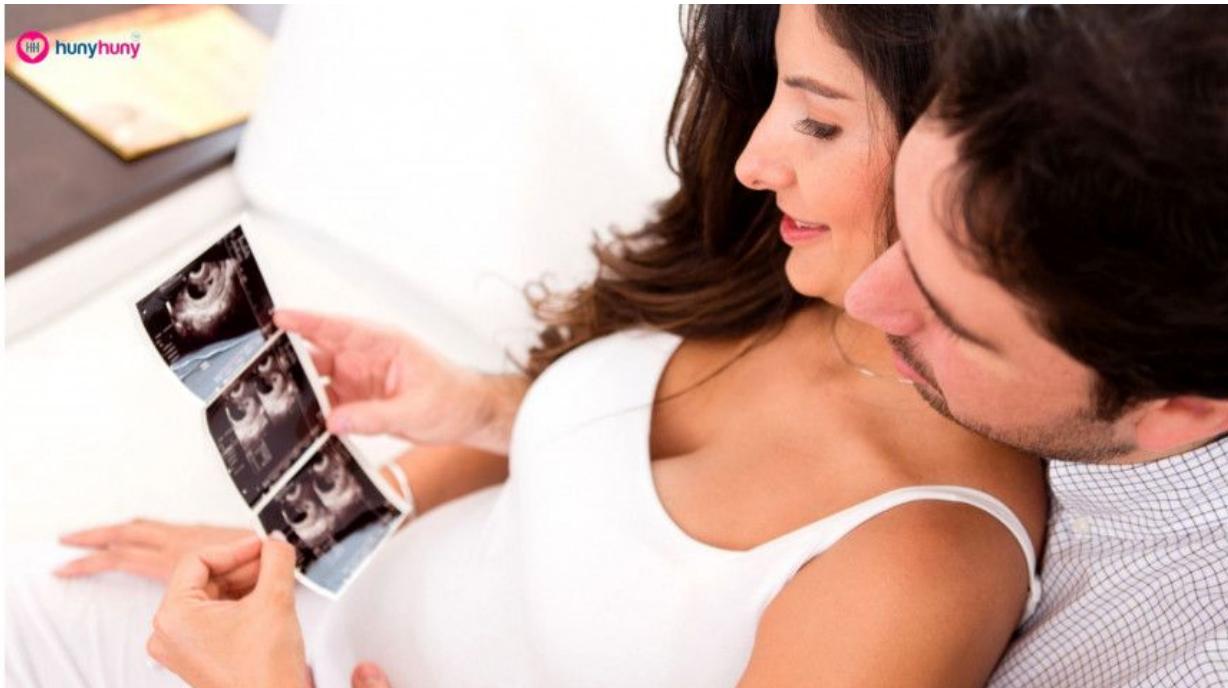




## Some impressive things a man can do for her pregnant wife!



She's on an emotional roller coaster as soon as she comes to know that she's expecting, she has a life stirring inside, she'll be a reflection of WOW, she will be a MOM! She, your wife, is now taking you on a new journey of parenthood, the best a man can expect from his dear wife.

So, what about her?

What about her emotions and expectations?

You, HER MAN, are the one who has the most important role to play so that she sails through the journey of pregnancy safely, and brings your bundle of joy to this world.

Let's take a look at a few things that you, would-be-dad, can do for your lovely, pregnant wife!

# **Some important things a man must do when her wife is expecting!**

Read this carefully, and make sure that you don't miss any.

## **Care and affection!**



She needs this, and she needs this throughout pregnancy and beyond. Don't leave any stones unturned when it comes to taking care of her and showing your affection. When you look into her eyes, you must know when she needs a forehead kiss, when she wants you to hold her hand a little brighter, and when she wants you to hug a little tighter. A husband's touch plays a pivotal role in a woman's life, and it becomes more and more important when your wife is pregnant.

## **Talk to her**

Being pregnant can want her to talk to someone, express all her feelings, take out all she has inside her, while sometimes she might be silent than usual. Yes, those hundreds of thousands of thoughts

inside her may keep her silent, and being a good husband, it's your duty to understand when she wants to talk, and when she wants to be silent and just be in your arms.

No every time you will have a topic to talk to her about. If you need some topics, talk to her about her choice of maternity wear, you will come to know about her choices, what kind of baby essentials and the baby stroller will be needed in the future, what type of baby wear you will buy when the baby pops out, keep her engaged and delighted.

## **Be a good listener**

There lies a difference between talking to her and being a good listener. No matter how talkative husband you are, understand when you need to set her free to speak, and know when she has spoken a lot, she needs a pause, it's time to change the topic, simply kiss her lips without saying anything and topic changed.

## **Educate yourself**

Not every wife gets an obstetrician husband, or a man who has little or sufficient knowledge about pregnancy. If you are among those who don't know how it all happened and what you need to do next, educate yourself and you'll get to know what your wife is feeling like and what she's expecting from you.

## **Take care of her diet**



A pregnant woman can have crazy cravings, and you don't need to question it. Don't worry if she asks for pizzas and burgers, she has the freedom to eat anything unless it's harmful to her and the baby. Also, you need to ensure that your wife is consuming the right diet, consuming sufficient water, and, you got to get what she wants.

### **Give medicines on time**

Something really important and not to be missed! When your wife is pregnant, she will have a box full of medicines, needless to mention how important it is to be taken on time. Your wife will surely be delighted when you will remember her medicine schedule and simply remind her to take medicines. Better you go to her with her medicines and a glass of water!

### **To be continued...**

No, your job is not done yet. We'll be back with more things that you need to do like a good husband and would-be dad.

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